

Facebook post series collection by [@danawildeart on Facebook](#)

Project synopsis [HERE](#).

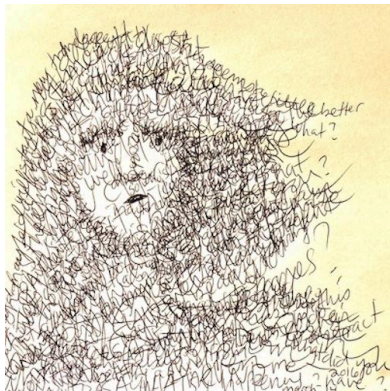
Art and writing by Dana Wilde.

THE SECRET LIFE OF NOTEBOOKS

2016-2017 © Dana Wilde

Click on the thumbnail images to link to the original Facebook post

#1 / MARCH 21



The Secret Life Of Notebooks: Subject of my forthcoming teaching, writing, and various art projects (including interviews with other notebookers).

#2 / APRIL 4



Notebooks come from trees. When used correctly, they can also embody the spirit and function of trees in several powerful ways, over time, as part of a daily routine/rooting. Cycles of blooming, fruiting, shedding, and dormancy naturally emerge. You make ten million mundane leaves/pages, which are important in that they helped you breathe and grow, but are ultimately just pieces of debris that accumulate, creating a fire-hazard...**[Click on image to finish reading]**

#3 / APRIL 8



METAPHOR-MORPHASIS: Transforming metaphors into objects. Here's the rear view of the very beginnings of my work with this tiny birdhouse, which will soon be covered in more of my notebookery. [The Secret Life Of Notebooks]

#4 / APRIL 19



There is already a relationship between you, and your creativity. What's the state of yours today? Using only 3 adjectives, or 3 brand names of candy/candy bars, describe it in the comments! Mine: Life Savers, Reese's Pieces, Now & Later. Regular contact between consciousness, hand, pen, and notebook is a powerful way to make the relationship more functional, strong, alive, in service, and part of everyday life. [The Secret Life of Notebooks]

<< keep scrolling >>

#5 / APRIL 25



Keeping notebooks over time = Nesting, collecting, resting, entering, exiting, brooding, multiplying, dividing, incubating, hatching. Let your hand blur lines between writing and drawing. Listen to the pages when they start to arrange themselves into architecture, or tell you stories about how you're already the bird AND the house; the egg AND the beak. [The Secret Life Of Notebooks]

--

Photo: New art in-progress! Birdhouse + journal pages, feathers, clay, old carpenter pencils, charm from an earring, cocktail toothpicks, etc. **I accidentally deleted this photo on Facebook.

#6 / MAY 4

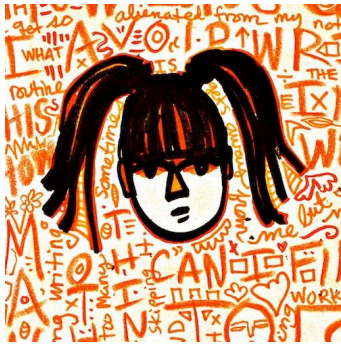


"Healing/recovery is a spiral," some wise people say. I couldn't agree more! [The Secret Life Of Notebooks]

I added this later, when I shared the photo elsewhere: *My elderly notebooks lean together with slouching spines, shoulder-to-shoulder. Some clothes are taped on, some innards are torn and dislodged. Worn-out paper slippers and curling toes shuffle upon the rough surface of their little captive "home." Their brittle bodies hold forgotten narratives from whichever stretch of weeks or months happened to be their turn to be repeatedly stretched wide open by my hands, tattooed on every surface by my pen, and crammed into (and slid out of) backpacks in which they'd travel around with me, against my body wherever I went.*

<< keep scrolling >>

#7 / MAY 10



Regularly paying attention to life by hand & on paper can result in those pages giving BACK to you, in the form of: Portraits of who you really are, reflections of where you've been, bird's eye maps of where you're at right now, and poetic directions to where you're going... But only when you stick with it, over time! [The Secret Life Of Notebooks]

#8 / MAY 25

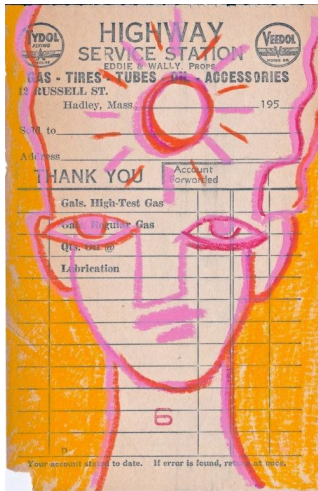


Learning to pay better attention through writing & drawing practice on paper can adjust your entire awareness, on and off the page. In addition to practical benefits like becoming generally more awake to what's actually going on in and around you, it also increases your overall capacity to discover and engage with the shapes, structures, questions, metaphors, and characters collecting in the pockets of your everyday life. [The Secret Life of Notebooks]

**I accidentally deleted this photo on Facebook.

<< keep scrolling >>

#9 / JUNE 2



During my morning writing, I'd scrawled the word **IMPOSSIBLE** big and in all caps on a page of otherwise smaller regular handwriting, during a passionate 5th page of an entry during which I was facing a deeply painful, stuck, recurring area of myself. I put the notebook aside, but didn't close it. Later, when my eyes happened upon that same page, I saw the phrase "I'M POSSIBLE" instead! [The Secret Life Of Notebooks]

#10 / JUNE 8



MAKE-THROUGH: A profound insight arising as the instant or cumulative effect of a creative activity. [The Secret Life of Notebooks]

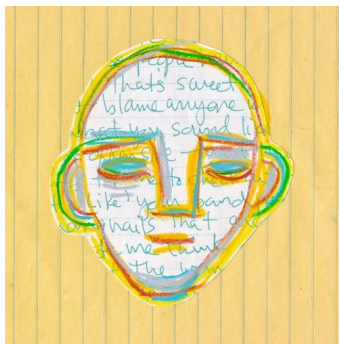
<< keep scrolling >>

#11 / JULY 22



The pen. They say it's mightier than the sword and I agree! But what if the person holding it has learned to be super afraid of or ambivalent about the act of actually putting that pen onto a blank sheet of paper, and moving it around to make some type of marks that communicate or express something? I want to help get *way* more people who are interested in personal and social healing *way* more comfortable putting pen to paper over and over again, as a way to activate that mightiness -- to strengthen self-awareness, empathy, patience, confidence, curiosity, and truly creative thinking... **[Click on image to finish reading]**

#12 / AUGUST 19



SOUL OF A PAGE: The habit of putting pen to paper over and over again, with a matter-of-fact briskness usually reserved for brushing your teeth, is what eventually creates the space for surprises (images, themes, stories, characters, portraits) to naturally emerge on the page, and insights (growth, clarity, better attention, maturity, empathy, fresh ideas, goals) to naturally emerge in you. How are writing and drawing different? Are they??

<< keep scrolling >>

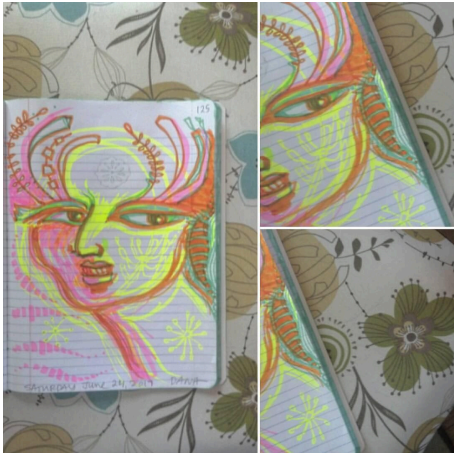
#13 / SEPTEMBER 22



I always feel like Autumn invites me (us) to join its annual ritual. Shed our dry husks, leaves, petals, and unpicked fruits of our own summer growth until just a skeleton or a seed remains. Sort, organize, save, discard, compost, prioritize. Real and metaphorical final harvests, labeling, canning, storing, and preparing for the dormant contemplative season ahead. The creative practice of keeping notebooks flows very well with seasonal cycles... **[Click on image to finish reading]**

--- New Year -----

#14 / JUNE 26, 2017



Giving form to the relationship of our inner state to outer surroundings and/or the discovery of one through the other = one of many potential thrills of contemplative creative practice.